



DEPARTMENT OF THE INTERIOR  
INFORMATION SERVICE

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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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NOW'S THE TIME FOR OYSTERS

The modern way of growing and harvesting oysters makes them available all-year-round. But they are especially appreciated during the Lenten season. "Let's have an oyster supper!" is a frequent plea in many homes during Lent.

Oysters properly prepared are superb eating for the whole family. They are delicious no matter how they are served--a steaming stew, a savory baked casserole, a good flavored creamed dish, fried, or on the half-shell,--a welcome part of any meal.

The Fish and Wildlife Service's home economists say that "few foods are better balanced nutritionally than oysters." An average serving of six oysters will supply more than the daily requirement of iron and copper, about one-half the iodine and about one-tenth of the needed protein, calcium, magnesium, phosphorous, Vitamin A, thiamine, riboflavin and niacin.

The next time you are in doubt as to what fish or shellfish delicacy to serve, the home economists of the Service suggest you select oysters and recommend the following recipe.

OYSTER SOUFFLE

1 pint oysters  
3 tablespoons butter  
3 tablespoons flour  
1 cup milk  
1 teaspoon salt  
1/8 teaspoon pepper  
Dash nutmeg  
3 eggs, separated

Drain and chop oysters. Melt butter, blend in flour, add milk and bring to boiling point, stirring constantly. Cook three minutes. Add oysters, seasonings, and beaten egg yolks. Beat egg whites until stiff but not dry. Fold into oyster mixture. Pour into buttered casserole and bake in moderate oven 350°F., about 30 minutes or until brown. Serves six.

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